

# John Meola's Safety First!

Safety Meeting Topics  
for WSA Members



## March Safety Info



- Watch out for the 'Ides of March'
- Reminder: Spring brings out the 'critters'
- Always important to remember the 5 keys to defensive driving
- Ergonomics in the time of Spring Fever
- March is 'Ladder Safety Month:' Follow these tips
- Change your footwear with the seasonal change

# WATCH OUT FOR “THE IDES OF MARCH”...

- ‘Spring Fever’ is a real, if inexplicable, phenomena. It requires:
  - Avoiding distractions: Think; calculate; plan ahead; stick to plan
  - Stay highly focused on your task at hand
- “March Madness” is not about a sporting event; rather, spring season brings about erratic behavior by otherwise normal people

# SPRING BRINGS OUT THE 'CRITTERS'

- Depending upon where you live, spring brings out an incredible variety of critters.
- Watch out for whatever ones might be in your area including reptiles, insects, avians, bees, hornets, wasps and any poisonous plants.
- Prepare 'medical abatement kits' for both vehicles and the office, if necessary.

# PRACTICE THE '5 KEYS OF DEFENSIVE DRIVING'

- 1. Aim high in steering
- 2. Get the big picture
- 3. Keep your eyes moving
- 4. Make sure they see you
- 5. Always leave yourself an out
- REMEMBER THESE ARE INTERPRETIVE KEYS. THEY CHANGE DEPENDING UPON YOUR SITUATION AND CIRCUMSTANCE



# ERGONOMICS & SPRING FEVER

- Stay hydrated year 'round, not just in the spring as the weather heats up.
  - Hydrate with water, not Red Bull and similar
- Remember that ergonomics is the understanding and application of physics: Watch your POSTURE!
- Note your circadian rhythm; often, people have a 'post-lunch dip.'
- Spring has an increased number of glare hazards.
  - Clean your glass and mirrors so you don't have to say "I never saw them."

# MARCH IS 'LADDER SAFETY MONTH'

- Select any ladders you use for the job at hand:
  - Try to stay away from topmost steps
  - Make sure they are secure and stabilized before using
- Remember: Ladders are an access device, not a working surface, and all fall protection rules apply
- As you change elevation, watch your weight transfer and positioning

# WEAR CORRECT FOOTWEAR!

- Watch the soles heel and edge wear of your shoes. Similar to tires they lose grip at the edges first.
- Laces and eyelets can create a snag hazard.
- As the season changes, so you may need to change footwear to guard against foot fatigue, foot health
- On irregular surfaces watch where you're walking and wear gloves!
- Most falls occur by people tripping over their own feet on level ground, in doorways, corners and while carrying objects.

